

# Message Guide for Ebola Communication

Social Mobilization Sub-Committee

Version 3

January 23, 2012

## Updates:

- Safe School reopening
- Special Events messages for sporting events and Africa Cup of Nations, Elections and public gatherings and holidays
- Safe sex and condom use for Survivors
- Cemetery messages

**EBOLA  
MUST GO**  
*Stopping Ebola is Everybody's Business*

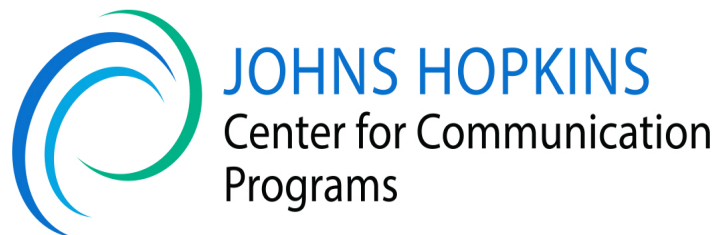


Developed in partnership with:




World Health Organization

## U.S. Centers for Disease Control



 International Federation of Red Cross and Red Crescent Societies

 Beneficiary communication



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## Purpose

The purpose of this guidance package is to provide a reference of accurate, standardized information in simple language and key message format.

- The information in this guide is intended for Ministries, response committees, and any organizations developing awareness raising activities for the Ebola response in Liberia.
- This document compiles current information and key messages about the Ebola outbreak in Liberia to inform activities designed to raise awareness, mobilize communities, and promote safe behaviors to stop the spread of Ebola in Liberia.
- Information is organized by topic.

These messages are based on WHO technical guidance and have been adapted for Liberia through the Ministry of Health Social Welfare (MOHSW) and partners working as part of the Social Mobilization Sub-committee.

- All informational and educational materials developed for Ebola awareness in Liberia should be aligned to the information in this document, and adapted to target audience and local vernaculars as possible.

This document will be reviewed regularly, updated, and distributed as new information becomes available. Please direct all feedback to the Social Mobilization Sub-Committee chaired by Rev. Sumo: [jsumo2013@gmail.com](mailto:jsumo2013@gmail.com) ; [gebleezeon@yahoo.com](mailto:gebleezeon@yahoo.com) ; and [sclayton@unicef.org](mailto:sclayton@unicef.org)

## Requests for Messages

Requests for new messages should be submitted in writing that includes a point of contact, desired key behaviors, and relevant technical information.

Development of new messages is driven by priorities of the response.

## Approval of Communication Materials

To ensure that all messages and materials are consistent with on-going response efforts and minimize conflicting information, all organizations are requested to submit materials to the message and material development working group for review.

Submit the materials along with the Communication Review Form at the end of this document for review to: [jsumo2013@gmail.com](mailto:jsumo2013@gmail.com); [gebleezeon@yahoo.com](mailto:gebleezeon@yahoo.com); and [sclayton@unicef.org](mailto:sclayton@unicef.org).

Anticipated return time is within a 1-week period. Approved materials will be marked with the Healthy Life Logo.



## Access to Library of Developed Materials

Soft copies of developed materials can be accessed at the links provided below. These materials are available for duplication. Logos can be added. If content is adapted, please submit for approval as indicated above.

Message and Materials Development Technical Working Group Dropbox shared folder:

<https://www.dropbox.com/sh/hkod5y8rezqwgiv/AAAUUxyCO4JIPuH5uitazCnKa?dl=0>

Ebola Communications Network: <http://ebolacommunicationnetwork.org/>

## Ebola Must Go Campaign

### Bury all dead bodies safely

- Allow only trained people to handle a dead body
- Do not touch, bathe or bury a dead person. Do not hide dead people
- Families can still pray and make decisions about the funeral – the only rule is never touch a dead body



### Speak out! If you know of a sick person

- Always call 4455 and tell your community leader
- Do not hide sick people
- Do not let others hide sick people

### Keep sick people away from others

- Do not touch sick people or things they have used
- Keep them in their own area and stay 4 steps away
- Get the person treatment quick-quick – call 4455 and tell your community leader

### Help find everyone who touches a sick person

- Anyone who touched a sick person is a “Contact” who could have Ebola
- Help health workers find these “Contacts”
- If you touch a sick person, stay home and tell your community leader

### “Contacts” must stay to one area with food and water

- Anyone who touches a sick person must stay to their area for 21 days
- Make sure these “Contacts” do not run away
- Give them food and water and encourage them – talk to your community leader

## Complacency- Ebola is Still Here!

- Do not forget, Ebola is still here! We must continue our prevention measures.
  - All of the difficult and new things we are doing like the good hand washing, keeping a distance from sick people; calling for help; allowing safe burials of our loved ones; welcoming survivors- are working, but Ebola is still here.
- 1 person with Ebola is too many! We must continue to be careful until there is no Ebola in Liberia!
  - It started with 1 person and has taken the lives of more than 2500 Liberians.
  - As long as there is 1 person with Ebola, all of us must continue to be careful and protect ourselves, our families, and our communities!
  - Let us stay strong and kick Ebola out of Liberia.
- We can only end Ebola in Liberia if we work together.
- Ebola is real, and still in Liberia. You can protect yourself, your family, and your community.
  - Learn the signs and symptoms of Ebola
  - Learn the different ways Ebola is spread
  - Learn how Ebola is not spread
  - Learn how to protect yourself and your community

## Signs and Symptoms of Ebola

- Know the signs and symptoms of Ebola.
- Ebola can come with fever that starts quick-quick and with weakness, headache, body pain, sore throat, vomiting, running stomach, rash, red eyes, and/or bleeding from the nose or mouth.
  - The signs and symptoms of Ebola look like other sicknesses like malaria and typhoid.
- If someone has a fever that starts quick-quick with any of the other signs, call 4455 for free and tell your community leader.
- Once you catch Ebola, it can take 2-21 days before it starts to show on you (before signs show).
- Ebola can spread from one person to another as soon as the signs start to show.

## How Ebola spreads

- Ebola is spread person to person through body fluids of a **person who is sick with or has died** from Ebola.
- Body fluids are things like: blood, poo-poo, pee-pee, vomit, sweat, tears, and man and woman business.
- Ebola enters the body through your mouth, nose and eyes, or small cuts or openings in the skin.
  - When we touch a person that is sick with Ebola to help them or touch the body of a person that has died with Ebola we can *easily* spread it to ourselves.
  - We can also spread it to others by touching them after touching someone sick with Ebola.
- The body of a person that has died with Ebola can spread the sickness quick-quick and to plenty people.
  - Even though the body is dead, Ebola is alive and can spread easily to anyone that touches the dead body.
- You can catch Ebola if you:
  - Use a dirty razor blade at a barber shop that has been used on someone that has Ebola,
  - Get an injection with a dirty needle that has already been used on someone that is sick with Ebola.
  - Are cut in a traditional or a burial ceremony with a knife that has been used on someone who is sick with Ebola.
- Only use knives, blades, or needles that have NOT been used on other people. Make sure any kind of thing you are using on your body is clean.
- Ebola is spreading in Liberia person to person.
- Ebola can also be spread from animals to people through body fluids of an animal that has Ebola.
  - It is spread from animals to people when we cut, clean, or eat bush meat.
  - You may not be able to tell that an animal has Ebola when you kill it or find it in the forest.
  - Smoking, drying, or salting bush meat does not always kill the Ebola virus.
  - Avoid bush meat.
- Any person, from any country, household, religious group, or culture can catch Ebola

## How Ebola is *not* spread

- Ebola *does not* live in earth/soil, water, air, or smoke from burning waste/dirt.
- Ebola *is not* spread by mosquitoes, vaccines, witchcraft, or curses.
- You cannot get Ebola by talking to people, walking in the street or shopping in the market.

## How to protect yourself, your family and your community

- You can protect yourself by always washing your hands with soap and clean water.
- You also protect yourself when you keep a distance from sick people, their personal things, or their blood, vomit, poo-poo, pee-pee, sweat or spit. Do not touch them! Call 4455 for help and tell your community leader.
- You also protect yourself when you do not touch, bathe or bury anyone who has died. Even though this is not our normal way, this is one of the best ways to make sure we end Ebola in Liberia.
- You also protect yourself by not doing man woman business with someone who is sick or when you are feeling sick.
- Keep a distance from the personal things that the person touched when he/she was sick, or clean their blood, vomit, poo-poo, pee-pee, sweat, or spit. Do not touch or use these things!
  - After you call 4455, a trained team will burn or spray them with strong chlorine water .This will keep you, your family and your community safe.
  - The house, latrine, and area the sick or dead person was using must be sprayed with strong chlorine water by a trained team.

## Hygiene Information

- Important times to wash your hands with soap and clean water are:
  - After toileting, changing the baby diaper, coughing, sneezing, or touching others.
  - Before cooking and eating food.
  - Before and after doing man woman business.
- You protect yourself, your family, and your community when everyone toilets in the latrine.
- You make sure your drinking water is safe when you:
  - Always boil or use Water Guard
  - Always use clean buckets and jerry cans to collect water and keep them covered
  - Always use a cup with a handle to take water from the bucket or jerry can

## What to do if someone is sick

- If you or someone in the family is sick, keep them in their own area and keep a distance while calling 4455 for help. Do not hide or run away with sick people – you can spread Ebola this way.
- Ebola time is not normal time. If you see someone who is sick keep a distance, call 4455, and tell them to stay where they are.
- Someone who is sick should not walk or travel. This can spread Ebola to more communities and make more people sick.
- The signs and symptoms of Ebola look like other sicknesses like malaria and typhoid. If someone has a fever that starts quick-quick with any of the other signs, do not wait, call 4455 for free and tell your community leader.
- When you get help sooner, you have more chance to survive Ebola. Don't wait! Call 4455 so they can advise you on your situation.



## Safe Transportation and Cross Border Movement

- Ebola time is not normal time. When we travel or transport sick people in cars, taxis, or on motorbikes we can spread the sickness to others.
- If someone is sick tell them to stay where they are and help them to call 4455 for help.
- If you go to the ETU by yourself, you can spread Ebola to other people. If you need to go to the ETU you should go with the ambulance. Call 4455 and they will advise you on what to do and how to get the help that you need.
  - If we want to help someone and keep everyone safe we should call 4455 so an ambulance can carry the sick person safely.
  - The ambulance people have the special clothes and chlorine spray so they can carry the sick person in a way that does not spread the sickness to others.
- If you are in a situation where there is no ambulance and you take the person to the hospital, you and other people that use the vehicle can catch Ebola.
  - When you reach the Ebola Treatment Unit, make sure you talk to the health workers and they spray your car, taxi, or motorbike with chlorine water before you leave. This is to stop the spread of Ebola.
- If you cross the border for business, market selling, or to visit family, be careful! Wash your hands, do not touch or travel with sick people. Call for help if anyone is sick.

## Why it is important to call 4455 for a sick person

- When you get help sooner, you have a better chance of surviving Ebola.
- Not all clinics and hospitals are open or can help people with Ebola.
- The situation is different in every county, and there are different, different types of health centers, like Ebola Treatment Units (ETUs), Community Care Centers (CCCs), and our usual clinics and hospitals.
- It is important that everyone gets the help they need with sicknesses that are not Ebola in a way that is safe.
- When you call 4455 they can send the help you need for your location, and advise you on what to do.

## **Ebola Treatment Units (ETUs)**

- Ebola treatment units (ETUs) are special and safe health centers that give the best care for Ebola.
- The health workers in the ETU can give treatment for the signs and symptoms of Ebola. Early treatment for the signs and symptoms of Ebola can help the person to survive Ebola. Right now, there is no special cure for Ebola.
- At the ETU people that are tested and known to have Ebola are kept in their own area so the Ebola does not spread to anyone else.
- The health workers in ETUs wear special protective clothing called PPE (overhaul suits) to keep them safe while they are taking care of the sick people.
- The health workers in the ETU take good care of the Ebola patients. Sick people get plenty of food, water, and medicine to take care of pain when they are in an ETU. All treatment is free.
- If your family member is in the ETU you cannot enter. This is to make sure that you do not catch Ebola.
- Some ETUs have special areas where families can safely see in and talk to their relatives. Some will help you to call on the phone. Ask the health care worker to help you talk to your family member.
- It can be very scary for a person to be all by themselves when they are sick. It can help the sick person to stay strong and fight Ebola if their relatives are calling, visiting, and praying for them.
- Many new ETUs are being built so that sick people can get the care that they need and keep families and communities safe
- If someone dies in an ETU, the death is registered and family will be told.

## **Community Care Centers (CCCs)**

- CCCs are care centers where people can get care outside of the home when they are sick. This helps keep everyone safe and makes sure everyone gets care.
- Caregivers in CCCs are trained on how to stay safe and have the protective clothing (overhaul suites), chlorine, and other things that helps them to stay safe when they are giving care.
- Caregivers in CCCs help the sick person by giving medicine for fever, making sure the person has plenty to drink and eat, giving pain medicine, and treating other kinds of problems.
- Caregivers in CCCs work with the ambulance drivers and the nearest Ebola Treatment Unit (ETU) so they can decide the best way to take care of a sick person.
  - If it is safer and better for a sick person to go to an ETU, they will tell the family and an ambulance will transport the sick person to the nearest ETU.
- Remember, if anyone is sick, call 4455 so they can advise you on the best health services and send the help you need for your situation.

## While you wait for help

- Remember, sick people should be cared for in a CCC, ETU, or health center instead of at home. **Entire families get sick and die from caring for just one person at home.**
- It is very important to take steps to keep you and your family safe while you wait for help.
- While you wait for help, keep the sick person in their own area away from others.
- You protect everyone in the house when you give the person their own cups and dishes to use, and make sure the person has different place to toilet than the rest of the family.
  - We can give them a bucket that they can vomit or toilet in with small Clorox or chlorine water inside. When the help team comes, they will clean them.
- Only 1 person should help the sick person. You can give the sick person plenty of water, tea, juice, coconut water, and soup, but keep a distance so the person does not touch you or flash vomit on you.
  - You can only give paracetamol if the person has fever. Only give paracetamol. Other medicines can cause the person to bleed.
- **If you must** care for a sick person because you are in a situation where there is no help, **you can get sick.**
- There are some steps you can take to reduce the chance that you will catch Ebola or spread it others. **Make sure you find a person that has been trained to show you how to keep yourself safe until help comes.**
- A trained person can show you the correct way to put on and take off protection like plastic gloves or strong plastic bags so you do not spread Ebola to yourself or others. **IF YOU DO NOT TAKE OFF THE PROTECTION IN THE RIGHT WAY YOU CAN SPREAD EBOLA TO YOURSELF AND OTHERS.**
  - Call 4455, tell your community leader, and look for a health worker, community health volunteer, teacher, or someone else in your community that has been trained.

## Contacts and Contact Tracing

- If you know someone that is in the Ebola Treatment Unit or that has died from Ebola you may be a contact.
- You are a contact if you have:
  - Slept in the same house with a person that is sick or has died with Ebola
  - Touched the body of a person that is sick or has died with Ebola
  - Had man and woman business with a person that is sick or has died with Ebola
  - Touched the blood, vomit, poo-poo, pee-pee, sweat, tears or spit of a person that is sick or has died with Ebola
  - Touched the personal belongings of a person that is sick or has died with Ebola
  - Breastfed by a woman that is **confirmed sick with Ebola** or that has died with Ebola
  - Breastfed or wet-nursed a baby **confirmed sick with Ebola**.

**\*PLEASE NOTE:** *Children should be breastfed unless a health worker advises an on alternative feeding option.*

- If you are a contact with someone that has been sick with or that died from Ebola, you should stay home.
  - Call 4455 so they can advise you.
  - Do not go around other people or touch people for 21 days.
- It can take up to 21 days for you to get sick after you have been in contact with someone that had Ebola. If you start to show any sign or symptom of Ebola during the 21 days, DON'T WAIT, call 4455 for help.
- If you are a contact, you will be asked for your name, phone number and place you live. You will be visited every day by a contact tracer to see if you have fever.
- A contact tracer will check for fever every day for 21 days to see if you are getting sick. This way you can get help right away if you do become sick. Getting treatment early can help you to survive.
- It is important to work with the contact tracers. Do not hide from them or lie to them. They are following up on you to make sure you don't get sick with Ebola.

## Why safe burial is important

- Ebola is spreading in Liberia from person to person though traditional burial practices.
- This Ebola time is so painful for all of us. Because of Ebola, we cannot take care for family and friends that die, the way we are used to.
- Ebola is spreading in Liberia from person to person though traditional burial practices.
- When someone die from Ebola, the Ebola virus in the body is still alive and plenty in the dead body. Ebola can be *easily* spread from the dead body to us and to other people when we care for our dead family members the way we are used to.
- Ebola can spread when we touch the dead body; wash the dead body; when we plait or cut the hair of the dead body; when we dress the dead body; brush the dead body's teeth; or bury the dead body by ourselves.
- Any person that touches the dead body can catch Ebola!
- Burying all of the people that die in a way that is safe is one of the best ways to end Ebola in Liberia.
- Safe burial is important because it helps stop the spread of the Ebola virus.
- Safe burial is for everyone! Anybody that die from you, call 4455 to bury them.

## What is a safe burial

- Safe burial is when only trained teams handle the dead body.
- The burial teams will tell the families all of the things that will happen to make the burial safe and make sure that everyone understands the steps.
- The first part is to spray the body with chlorine water and get it ready for burial with a body bag.
- The second part is to transport the body to the burial site in a safe way.
- The third part is to bury the body in the ground and conduct any ceremonies in honor of the person.
- The fourth part is clean-up after the burial including spraying the vehicle and burning anything use to touch the body or body bag.
- The burial teams will only start once the family has agreed to the safe burial.

## Trained Burial Teams

- Burial teams are supervised and have chlorine sprayers. They spray the chlorine water to clean the body and the area the body was in to kill the Ebola virus to keep the family and the community safe.
- The burial teams also wear special protective clothes (the overhaul suits) to keep them safe.
- The burial teams know this kind of safe burial is very difficult for the family and the community and are trained to show respect to the body and the family.
- The burial team is doing hard and dangerous work to stop the Ebola virus in Liberia. Have patience with the teams and help them to do their work.

## How the family can take part in the burial to make sure it is respectful

- Families can still pray and make decisions about the funeral – the only rule is to make sure no one touches the dead body.
- There are many ways Christian and Muslim families can take part in the safe burial.
- The burial team will talk with the family so the family can decide with their pastor or imam how the burial can happen in the most respectful way.
  - The family can bring their own idea.
- The family has the right to decide:
  - Who will take part in getting the body ready without touching it
  - Who will view the body before it is put into the body bag
  - Who will take part in any prayers, ablutions, speeches, closing the coffin, feasts or other rituals
  - If the personal things of the dead person will be burned, put in the grave with the person, or sprayed with chlorine water to clean them
  - If they want to take pictures of the body preparation or burial
  - If they want to provide a casket for the burial team to use
  - If they want to put any item in the grave or to mark the grave
  - If they want to throw the first dirt onto the body or casket
- Families may not have as much time as usual to plan for burials. The family will need to make decisions and act quickly.

## How the burial teams spray the body and get it ready for burial when a person dies at the ETU

- When a person dies at the ETU, the first thing that happens is that the health workers make sure that the person is confirmed dead.
- Then, the health workers tell the hygiene team, the people who can spray the chlorine water.
- The first thing the hygiene team does is to write the person's name and age on a body bag so that when the dead body is put inside, everyone can know who the person is.
- The second thing they do is to put on their protective clothes (the overhaul suits) and enter the room where is the dead body is.
- When they are next to the body, they spray the body, the clothes, and the area with chlorine water to kill the Ebola virus.
- After they spray the chlorine water, the hygiene team will carefully put the dead body into the body bag that has the person's name on it.
- The body bag the people talking about, is too strong. The body is put inside this strong bag to make sure that any body fluids like blood, poo-poo, or vomit cannot leak out, because these fluids spread Ebola.
- When the body is inside the bag, the hygiene team will zip it closed and spray the outside of the bag with plenty chlorine water to make sure there is no Ebola Virus on that bag.
- The bag must stay closed- it cannot be opened. This is to make sure that any body fluids that might come from the body do not get out and spread the Ebola virus.
- The hygiene team carefully takes the body to the morgue until it is time for burial.

## How the burial teams wash the body and get it ready for burial if a person dies at home

- When a person dies at home, call 4455 and tell your community leader so you can have a safe burial.
- While you are waiting for the burial team to arrive, keep a distance from the body. Do not touch it.
- When the burial team comes into the house, the first thing the team will do is to talk to the community leaders and the family. They will give their condolences to the family.
- They will give the family time to call the imam or pastor and the person that will be the family witness of the burial. This is the person that will make sure that the burial is respectful.
- The team will talk with the family and the religious leader about all of the steps needed to bury the body safely, and make sure that everybody understands.
- The family will be able to decide at this time how they will take part in the process without touching the body.
- The burial team should not start until the family agrees.
- When the family agrees, the team will put on their protective clothes (the overhaul suits) and carry the sprayers and things off the truck.
- They will follow the safe burial steps to spray the body with chlorine water, put it into the bag, and to spray the bag and the entire area to kill any Ebola virus.

## How the body is moved and laid to rest in the ground

- When the body bag has been sprayed with chlorine water, the burial team does not have to wear the overhaul suits. To make sure everyone is safe, gloves will be worn by anyone who touches the body bag.
  - After the body is placed into the grave these gloves will be burned or buried.
- The burial team will take care of the body and take it to the burial sites.
- All of the graves must be dug to 6 feet deep.
- The burial team will help put the body in the grave.
- The family will have time to say prayers, speeches, or songs for their loved one, or to place any item in the grave. The family can mark the grave.
- When the body is inside the grave, the family may fill in the grave and mark it. The family can also choose their own grave stone or add flowers.
- Ebola does not live in dirt, water, or air. When the burial is done in a safe way, Ebola will not make the cemetery or burial site dirty.

## New Government Cemetery

- When Ebola dead body was too plenty in Monrovia, the government had a hard time finding place to bury bodies. Bodies needed to be cremated or burned to keep the city safe.
- The GOL has established a new government cemetery/graveyard.
- This new government graveyard is created so that all Liberians have a place to safely and respectfully bury their loved ones.
- Burial in the new government graveyard is free. It is for everyone.
- Anyone that die, that where they will be buried.
- Burying all who die safely is one of the best ways to make sure we have no more cases of Ebola in Liberia.
- Anyone that die from you, call 4455 to bury them.

## Cemetery Location

- The government graveyard is in Disco Hill in Lower Margibi County, along the Roberts International Airport-RIA highway, near Smell no Taste.
- It is located about 50 minutes from downtown Monrovia on tarmac road, the physical site is approximately 2 km off the main road. An improved access road has been created.

## How the land for the cemetery was selected

- The land was identified by the Traditional Council
- The land was assessed by an inter-ministerial team that included the Montserrado County Health Team, Global Communities, Environmental Protection Agency (EPA), Ministry of Internal Affairs (MIA), Ministry of Land, Mines and Energy (MLME) and Dead Body Management (DBM).
- The land at the Disco Hill graveyard meets the established criteria, including environmental criteria
- When fully developed the Disco Hill graveyard can safely hold 13,000 individual gravesites.

## Cemetery opening

- Burials began in the cemetery in late December 2014
- The graveyard can accommodate the current rate of burials. Development of the full site is on-going.
- Global Communities provides burial free of charge to all during their management of the site.
- Call 4455 for safe burial.



## Cemetery Management

- The government graveyard site and all facilities is supported and managed by Global Communities
- The management team oversees:
  - Security
  - burial preparation
  - sanitation facilities
  - grounds keeping
  - general operations including disinfection and waste disposal
  - private sector engagement
- Upon completion of all phases of construction and the cessation of new Ebola transmission, management will be fully transitioned over to the Government of Liberia.

## Infection control measures to keep the cemetery safe for workers and visitors

- The graveyard is separated into “green” and “red” zones and strict infection prevention and control (IPC) measures are in place to prevent the spread of infection to staff or visitors.
- The disinfection area can only be used by burial team vehicles and on-site burial teams to burn contaminated waste.

## Cemetery facilities

- Currently the graveyard site has:
  - A 1-acre plot for Christian burials
  - A 1-acre plot for Muslim burials
  - A temporary morgue
  - An administrative structure
  - A parking area
  - An isolated disinfection area

## Cemetery –based burial teams

- Currently there are 4 burial teams and 4 disinfection teams working at the cemetery.
- The onsite teams oversee all aspects of the burial from the point of drop off.
- The onsite teams are trained in the same WHO methodology and standards as all other burial teams nationwide.
- There are currently a total of 70 trained burial teams nationwide- a total of 22 in Montserrado and 48 across the other 14 counties
- Currently an average of 90% of burials are addressed within the first 24 hours of notice

## Marking and visitation of graves

- Burial sites will be assigned on a case by case basis and recorded in a master archive.
- The specific section, row and grave number will be recorded and available to the public for visitation purposes.
- Site management will provide a small marker for the gravesite.
- Additional decorations can be supplied by funeral homes in collaboration with the safe burial site.

## Survivors

- You can survive Ebola.
- Early treatment increases the chance that you will survive Ebola.
  - Call 4455 and talk to your community leader as soon as you notice the signs and symptoms of Ebola.
- If you have survived Ebola, you cannot catch the same kind of Ebola again.
- Survivors must take the same protective steps as anybody else to make sure they do not carry the fluids of a sick person to other family or community members.
- Ebola survivors do not have Ebola, but they should not do man and woman business for 3 months after testing Ebola free. If you cannot wait, make sure you use condoms correctly and throw them away!

## Correct condom use and safe sex with survivors

- It might be possible that Ebola can spread through man woman business for up to three months after testing Ebola free.
- To make sure Survivors protect the people they love, they should use a condom correctly every time they do man and woman business for 3 months after testing Ebola free.
- Ebola survivors and their partners should use a condom correctly and throw it away safely every time they do man woman business for 3 months after testing Ebola free:

### How to use a condom correctly:

#### **1. Check the expiry date and condom package before opening.**

- If the date has passed, or the package has cracks or holes, throw it away and take another one.
- Open the package carefully so you don't tear the condom.
- If the condom is dry or torn throw it away and take another one.

#### **2. Keep the condom rolled up and put the condom on the penis head** when the penis is erected / hard.

#### **3. Press air out of the tip of the condom and unroll the condom** over the penis, all the way down to cover the entire penis.

#### **4. You can now have sex.**

#### **5. Hold the condom at the base of the penis and pull out before it gets soft.**

#### **6. The Survivor should take the condom off, tie it, and throw it in the latrine or burn it.**

#### **Only the Survivor should touch the used condom.**

- If the man is the Ebola survivor, the man should take the condom off and throw it away safely.
- If the woman is the survivor, the woman should take the condom off and throw it away safely.

#### **7. Both partners should use soap and water to wash their hands and themselves after doing man woman business.**

## Stigma and rejection of survivors or frontline workers

- This Ebola virus is a hard thing for all of us. It has taken away our culture of caring and being concerned for each other.
  - We are afraid to talk about it because people can reject us, our family members, our community members, and our health care workers.
  - This is especially true for those that have gone through and survived Ebola.
  - It is important that we all help each other.
- Welcome survivors and anyone whose lives have been touched by Ebola back into the home and the community. Encourage and help them to participate in community activities.
- Survivors and others that have been touched by Ebola can help us. Their stories can help us learn and give us hope.
- Health care workers, burial teams, social workers, mobilizers, and contact tracers are working hard to end Ebola in Liberia. Welcome them and allow them to do their work.
- We can help survivors and others touched by Ebola when we tell others the truth about how Ebola is spread and how to protect ourselves, our families, and our communities.

## How to help your community

- We can help the people in our families and our communities understand what to do to stop the spread of Ebola.
- We can talk to our local political and community leaders to find ways to tell your community about Ebola and to bring the community together to take actions to keep everyone safe. For example:
  - Find community members that are part of local response teams or that have been trained to help and give correct information
  - Decide ways that the community can help if someone is sick or needs to stay home because of quarantine so families do not feel rejected and the communities feel safe. Some examples are:
    - bringing food or water to the door
    - calling them on the phone so they do not feel so alone
    - letting them know you are praying for them
  - Decide to make community watch teams or support teams
  - Make a plan on how to care for orphans or children in need until psychosocial teams can find a good home for them
- Talk to INGOs and local NGOs to know what services are available: who has been trained and can help answer questions for example.
- Talk with community leaders like Chiefs & Traditional Leaders, Imams, Priests, Pastors, women's and youth groups, traditional healers, and community groups about how they can work with you to keep your community free of Ebola.
- Go with mobilizer teams going door-to-door to educate your community on Ebola.
- Talk with teachers about the importance of creating theatre groups and other playful activities that help children learn about Ebola.

- Talk with your neighbors about how you can work together to keep your community safe.

## Safe school reopening

- Let's go back to school and keep safe.
- Safe school is everybody's business.
- The Ministries of Education and Health have made plans and protocols to keep all schools safe.

## Safe school reopening – Messages for Parents

- Parents can help keep schools safe when they do these things:
  1. Keep all sick children at home. Do not send any child to school who has fever, vomiting, or running stomach.
  2. Make sure the school your child goes to knows how to find you in case your child gets sick. Give the school your phone number, where you live, and where you work.
  3. Talk with your community leader and PTA to make sure the school always has clean water, chlorine and soap.
- To make sure any sickness does not spread in school, parents should remind children:
  - Not to share personal things (like cups, spoons, food, and clothes) with others.
  - To only wear clean clothes
  - To avoid touching others.
- To make sure every school is safe, The Government of Liberia and partners are:
  - making sure every school set up a school health safety committee.
  - training all school health safety committees.
  - sending health & hygiene supplies to all Districts to give to every school.
- Parents can help make sure the school is safe when the school has:
  1. A School Health Safety Committee that has been trained.
  2. Received all of the health & hygiene supplies from the District.
  3. Temperature check at entry point and hand-washing stations at entry point and bathroom.
  4. A separate area for any person that gets sick at school to stay while the school calls for help.
- Talk to your child's school principal if you have any questions about keeping the school safe.

## Safe school reopening - Messages for Students

- Tell your parent if you are feeling sick. Do not go to school if you have fever, vomiting or runny stomach.
- Wash your hands with soap and water every time you enter the school and after you use the bathroom. Tell your teacher if the water is finished.

- Make sure you get your temperature checked every time you enter the school.
- Tell your teacher if you or any of your classmates or friends are sick.
- To make sure any sickness does not spread in school, Remember:
  - Not to share personal things (like cups, spoons, food, and clothes) with others.
  - Only wear clean clothes
  - Don't touch anybody who gets sick
- Treat everybody with respect – Do not make fun of others

## Safe school reopening - Messages for Teachers

- To make sure every school is safe, The Government of Liberia and partners are:
  1. Training school health safety committees.
  2. Sending health & hygiene supplies to all Districts to give to every school.
- Every school must have a health and safety committee. The school health safety committee must develop a school health safety plan and train all teachers and staff on the school health safety plan.
- Any person with signs and symptoms of Ebola (fever, vomiting, or running stomach) must not enter the school.
- Teachers must help keep schools safe by:
  1. Staying at home if they are sick. Do not go to school if you have fever, vomiting or running stomach.
  2. Making sure you know the signs and symptoms of Ebola.
  3. Reporting any person with the signs and symptoms of Ebola to the administrator. Do not waste time, report quickly.
  4. Understanding and following your school health safety plan if you, a student or staff members get sick with fever, vomiting or running stomach at school:
    - Tell your school administrator, don't waste time, report quickly.
    - Keep the sick person in the area identified by the school health safety committee while the school calls for help.
    - Make sure the school talks to the parent or caregiver when a child is sick.
- Making sure that the temperature of every person is checked at the school entry point and hand-washing stations are available at entry point and bathroom.
- Hold your job strong. Everyone has a part to play. Work with the parents, community leaders, administrators and partners to keep your school safe.
- To make sure any sickness does not spread in school, make sure everybody at school:

1. Washes their hands with soap and water.
  2. Does not share personal things (like cups, spoons, food, and clothes) with others.
  3. Only wears clean clothes.
  4. Avoids touching others.
- Treat all students with respect. Welcome and encourage all those whose lives have been touched by Ebola.
  - Tell your school administrator if any child needs extra counseling support.
  - Ask your school administrator if you have questions about your school's health safety plan.

## Safe school reopening - Messages for Communities

- Communities (school administrators, teachers, PTA's, community leaders, children, and parents) must work together to make and keep schools safe for everybody.
- Before the school opens all communities should work together to:
  1. Establish a school health safety committee that includes school administrators, teachers, children, and parents.
  2. Make sure that every child that has registered has had no contact with a suspected Ebola patient in the last 21 days before the school reopens.
  3. Make a list of the names and phone numbers of the parents and caregivers for every child so the school can contact them quickly.
  4. Clean and spray the school campus to keep it safe.
  5. Get the school safety and hygiene supplies from the District and find a safe storage area for supplies at the school.
    - Thermometer for temperature taking
    - Hand-washing buckets
    - Soap and chlorine for handwashing and cleaning
    - Basic cleaning and reusable protective equipment
    - Health and hygiene promotion materials (poster, flip book, etc.)
    - Make sure the school has clean water to use at all times.
  6. Help the school find a safe area to keep sick people away from others while the school calls for help.
  7. Make sure the school administrator talks with the health worker in charge at the nearest health clinic or hospital to set up a referral plan for the school.
  8. Any person with signs and symptoms of Ebola (fever, vomiting, or running stomach) must not enter the school. Call 4455 and tell your community leader.

## Appendix I – SPECIAL EVENTS

### County football games, video clubs and Africa Cup of Nations

- **Stopping Ebola is Everybody's Business. Protect yourself from Ebola when you go to watch football game:**
  - Wash your hands before entering the video club
  - Don't pack together in the video club
  - Do not touch others
  
- **Ebola is still here! Be careful and protect your health during all sporting events**
  - When you are at video clubs or at football games keep a safe distance from others.
  - If you feel sick, do not go to the video clubs or the football games. **Call 4455** for help.
  - If someone is sick, they need treatment quick-quick!
  - Step away, **call 4455** and tell your community leader to get help.
  
- **If you travel, be careful to keep yourself and others healthy**
  - Before you visit or travel, make sure no one in your household is sick.
  - If you are sick, do not travel - call 4455.
  - If someone in your family is sick, stay away and keep your children away.
  - If you learn of sickness in the community, tell a community leader quick-quick.

- Stopping Ebola is Everybody's Business. I'm asking you to:
  - Wash your hands,
  - Have your temperature taken,
  - Do not touch others
  
- Protect yourself from Ebola. **Ebola Must Go!**
  
- **Ebola is still with us! Be careful and protect your health during the elections**
  - When you are at rallies or voting keep a safe distance from others.
  - If you feel sick, do not go to the rally and **call 4455** for help.
  - If someone is sick, they need treatment quick-quick!
  - Step away, **call 4455** and tell your community leader to get help.
  
- **Follow National Election Commission rules to protect your health.**
  - Wash your hands at the handwashing station.
  - Get your temperature taken
  - Do not touch others.
  
- **If you travel or visit, be careful to keep yourself and others healthy**
  - Before you visit or travel, make sure no one in your household is sick
  - If you are sick, do not travel - call 4455
  - If someone in your family is sick, stay away and keep your children away.
  - If you learn of sickness in the community, tell a community leader quick



- **Don't give Ebola for Christmas!**
  - Do not forget, Ebola is still here! We must continue our prevention measures.
  - We can only end Ebola in Liberia if we work together.
- **Our Christmas wish is have no more new Ebola cases!**
  - Protect yourself by always washing your hands with soap and clean water
  - Protect your family by knowing the signs and symptoms of Ebola.
  - The signs of Ebola are fever that starts quick-quick, weakness, headache, body pain, sore throat, vomiting, running stomach, rash, red eyes, and/or bleeding from the nose or mouth.
  - Protect your community by calling 4455 and telling your community leader if someone is sick.
- **Good health is the best Christmas gift you can give your family.**
  - Avoid hugging, kissing, shaking hands, man and woman business, and touching other people.
  - Find new ways to show your love that do not involve touching.
  - Avoid sharing the same cups, spoons, and bowls when eating.
- **Don't travel this holiday season! Ebola can spread this way.**
  - If you feel sick, stay home for the holidays.
  - If you feel sick, call 4455 and tell your community leader.
  - If you feel sick, avoid traveling and do not take a bus or taxi.
  - If you feel sick, do not visit other people's homes.
- **During the holidays, protect your family from Ebola.**
  - If you feel sick, stay at home and call 4455 for help.
  - When you get help sooner, you have more chance to survive. Don't wait!
  - If someone in your family is sick, keep them in their own area, call 4455 for help and tell your community leader.
  - If you feel sick, do not invite family and friends to your home.
  - Don't let sick friends or family members visit your home.

## Appendix II – MATERIALS REVIEW SUBMISSION FORM

### Communications material review form

To request **field testing** or **review** for clearance of a communications tool or product please fill out and submit it with a copy of the material to: Richard Zeon:[gebleezeon@yahoo.com](mailto:gebleezeon@yahoo.com); Lahannah Jawara;[lahannahvillejawara@gmail.com](mailto:lahannahvillejawara@gmail.com), and Stephanie Clayton ([sclayton@unicef.org](mailto:sclayton@unicef.org))

Estimated timeframe for review is 1 week. All cleared products will receive the MOHSW logo:



### Point of contact

Name:

Organization or group:

E-mail address:

Phone:

Date of Submission:

### Material Type

Type of material (poster, radio jingle, video, ect):

Title:

Intended audience:

Distribution Method:

### Field Testing

Has this document been field- tested?

No

Yes. Please provide a summary of the results (include date and location of field test).

### Additional comments or information